

## THE PROBLEM OF PHYSICIANS' EMOTIONAL EXHAUSION

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**Abstract:** This study looks at the problem of emotional weariness among doctors, including its signs and root causes. The study that identified emotional tiredness syndrome in doctors and students from a variety of specialties served as the basis for the essay. The causes, signs, and symptoms of burnout in the medical field. The essay was based on a research that looked at how doctors and students from a range of specialties could identify the symptom of emotional tiredness.

**Keywords:** sickness, doctors, medicine, and emotional exhaustion

Continuous psycho-emotional stress causes professional personal deformations, such as emotional fatigue syndrome, in doctors. The phrase "emotional burnout" was first used in 1974 by American psychiatrist H.J. Freidenberg to describe the psychological condition of healthy people who spoke with patients and clients in an emotionally charged setting. At the beginning, "emotional burnout" was used interchangeably with "exhaustion," "exhaustion," and "feeling of uselessness." Today, emotional fatigue is recognized as a syndrome that manifests as mental, emotional, and physical depletion in activities that are associated with the social realm. Like any other illness, emotional burnout syndrome is characterized by certain symptoms, such as emotional collapses, a sense of futility and despair, a reduction in mood, and the loss of feelings and experiences. Burnout manifests as both physical misery and mental sickness. A person with this condition is unable to understand the circumstances underlying their symptoms and is not aware of them. The condition develops progressively over the course of three successive stages: The taming of emotions, the loss of acuteness of sentiments, anxiety, and sadness are the hallmarks of stage I ("tension"). Irritability, distaste, and resentment toward coworkers, together with a decrease in professional obligations, are characteristics of stage II ("resistance"). Stage III, or "exhaustion,"

includes psychiatric problems, psychovegetative disturbances, emotional estrangement, and a decline in professional aspirations. However, a "burnout" expert also displays physical symptoms including a persistent feeling of exhaustion, a loss of energy, a decline in strength, and a drop in efficiency in addition to emotional manifestations. Understanding the signs and symptoms of emotional weariness, a condition of depletion, is essential. Depression, physical symptoms (fatigue, weight fluctuations, insomnia), emotional symptoms (apathy, irritability), behavioral symptoms (disinterest in food, accidents, injuries), cognitive state (diminished interest in life, yearning), and social symptoms (disinterest in recreation, feelings of isolation, lack of empathy towards others) are currently recognized as the five categories of symptoms. People who are prone to emotional instability, strong experience, and perception are more likely to have the disorder. Emotional tiredness syndrome may affect people of different ages and job experience levels. Senior students who practice in clinical sites often meet this issue. Because of the cumulative nature of this condition, it is important to take into account the emotional state of doctors starting during their student years when talking about professional burnout. The study was created utilizing the results of a survey given to sixty Saratov State Medical University sixth-year pediatric students. Two different student groups were identified by the survey data. The I group, which consisted of 45 people, made up 25% of all the students that were polled. This group is severely affected by situations that negatively effect their general health and ability to take part in research. We asked them to rate their level of stress tolerance on a scale of 1 to 5, where a greater number indicates a worse ability to resist stress. Most of the students in this group gave their stress tolerance a score of 5, which suggests that they are apathetic, dejected, and exhausted. Fifteen students, or one-fourth of the responders, were in Group II, the smaller fraction. With a stress tolerance rating of two points, the students in this cohort showed that they were well-equipped to handle difficult circumstances. According to the study findings, the academic process at university is the cause of stress problems and a loss of self-control. In essence, emotional exhaustion appears between the ages of 30 and 40, when people

start to doubt their own achievements and start to lose interest in their jobs. I.A. Berdyaeva and L.N. Voyt performed a research to find out how common emotional fatigue syndrome is among doctors in different specialties. Out of the 500 doctors that participated in the poll, 77.4% were women and 22.6% were males. V.V. Boyko's "Emotional burnout" questionnaire, which included 84 items, was used for the inquiry. Boyko consists of eighty-four questions. Four symptoms and three phases—"tension," "resistance," and "exhaustion"—are used to interpret the findings. The results of the thorough analysis of emotional fatigue are as follows: Of those surveyed, 35.4% had ERS, and 8.6% have fully developed ERS throughout all stages. Most doctors (55.9  $\pm$  4.7% of males and 58.2  $\pm$  2.5% of women) have developed throughout the resistance period. 18.4  $\pm$  1.9% of women and 18  $\pm$  3.6% of males had a stress phase. 18  $\pm$  3.6% of men and 19.4  $\pm$  2.0% of women experienced the fatigue phase. Furthermore, differences between the sexes were seen in the overall measures of emotional fatigue. Males are just at the development phase of the resistance phase, whereas women have a much higher resistance phase index (70%) than men.

**Conclusion:** In light of this, physician burnout should be seen from two angles: as a medical and social problem that damages the personalities of experts and as a factor in the deterioration of medical care quality, which results from the doctor's disregard for patient care and the breach of the doctor-patient relationship. These traits are the result of the increased expectations.

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